

Among Friends

February 2016

The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



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Senior Center 508-210-5570
Transportation 508-210-5573
Dining Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

Family Letters of Abby Kelley and Stephen Foster



Stephen Foster



Abby Kelley

*History comes to life with Lynne Lydick portraying Abby and Thomas Lydick playing Stephen. These two Worcesterites give a passionate portrayal of two dedicated abolitionists and equal rights advocates. Don't miss this wonderful performance which is free and open to all. Please reserve your seat for this **Wednesday, February 10, 1:00 p.m.** performance by calling 508-210-5570. (Snow date is February 11.) This program is sponsored through the generosity of the Holden Woman's Club. We sincerely thank them.*

ZENTANGLE ANYONE??



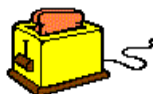
Have some fun! Join us on
Wednesday, February 17 from
1:00-3:00 p.m. for an afternoon of supervised, relaxed doodling with teacher, Mary Shepherd. Mary is a certified Zentangle instructor. All materials are supplied. Cost of the class is \$4.00 per person. This fun event is open to all, but you **MUST** make a reservation by calling 508-210-5570.



YOU'RE INVITED TO THE MORNING GLORY CAFÉ!



Come one ~ come all, to our Morning Glory Café here in the Senior Center. The Café will be open from **8:30 a.m. until 10:30 a.m.** every Friday. There's no need for a reservation, just come by ~ bring some friends and sit and enjoy Coffee; Tea; Juice; Homemade Pastries; Toast; Raisin Toast; and English Muffins. There will be a small cost for the items you choose. If you have questions, please call 508-210-5570.



*The Senior Center will be closed on
Monday, February 15 in observance
of Presidents Day*



UPCOMING TRIPS



Thurs., March 10, 2016 ... The Young Irishlanders ... The Young Irishlanders comprises eight sensational performers who have Irish traditional music, song & dance running through their veins. Although still in their 20's and 30's, these performers have achieved more than most people would aspire to in a lifetime. They have performed for many heads of state, Presidents of Ireland, U.S. Presidents, The Queen of England, the President of China and have performed at Radio City Music Hall, The Great Hall of the People in China, The U.S. Capitol Building and more. They have performed with many of the leading names in the Irish music business. The artists have also toured as lead performers with Riverdance and Michael Flatley's Lord of the Dance, been soloists on PBS specials, shared the stage with Bono (U2), and have collaborated with Ronnie Wood (Rolling Stones) and Sting (The Police). Join us for a great day out with great song and dance as only the Irish can do.



Luncheon choices are Corned Beef and Cabbage or Baked Scrod with Venus DeMilo's famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. Cost of the trip is \$90.00/person which includes Transportation, Driver Gratuity, Show & Luncheon. **Reservations and payment due at time of reservation. Final payment is due by Tuesday, February 16, 2016.**

If you are interested in any of these trips or if you have questions, please call 508-210-5570.

All trip payments are due at time of reservation. *If trip is cancelled due to low interest, your money will be refunded. Remember ~ if we don't lose it, you don't lose it!!*

WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE, as we have other events taking place at the Senior Center during the day.

FROM THE FRIENDS...



Don't forget the Morning Glory Café is enjoying great success and is open every Friday morning from 8:30-10:30. We serve coffee, fresh baked goods, toast and English muffins for a reasonable price and offer the opportunity to spend time with old friends and make new ones.

Also, it has been decided that this year there will be

NO Valentine's Day cookie sale.

Our next meeting will be on Monday, February 1st at 1:00 p.m. All members are welcome.

VETERANS MEETING

We invite ALL veterans to join us on **Friday, February 12** at **10:30 a.m.** for our Veterans meeting. Our guest speaker will be Jerry Olson who will reflect on his experiences as part of the Military Police in Vietnam. Please call 508-210-5570 to let us know if you're coming such that we can have an appropriate space and number of chairs for this event.



SHINE COUNSELOR
Monday, Feb. 8 and Monday, Feb. 22
BY APPOINTMENT ONLY





STAY ACTIVE BY DOING CHAIR YOGA!

Our focus on health will “keep you moving” through this cold month. We will lubricate your achy joints; warm your loving heart; strengthen your bones and your core for increased well being and independence. This month’s topics will be:

February 2 & 4– Yoga for Arthritis; **February 9 & 11** - Yoga for Heart Health;

February 16 & 18– Yoga for strong bones; and **February 23 & 25**– Yoga for Core Strength.

We welcome you to join one or both classes. Tuesday’s class is at 2:30 and Thursday’s class is at 1:15. Cost for yoga classes is \$2.00/class and is partially subsidized through a grant from the Executive Office of Elder Affairs.

STAYING WARM INSIDE

Being in a cold building can also cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. People who are already sick may have special problems keeping warm. If someone you know is in a group facility, pay attention to the inside temperature and to whether that person is dressed warmly enough.

Even if you keep your temperature between 60° F and 65° F, your home or apartment may not be warm enough to keep you safe. For some people, this temperature can contribute to hypothermia. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia. Set your thermostat for at least 68° F to 70° F. If a power outage leaves you without heat, try to stay with a relative or friend.

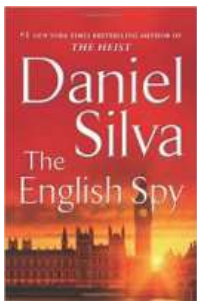
You may be tempted to warm your room with a space heater, but some space heaters are fire hazards, and others can cause carbon monoxide poisoning. The Consumer Product Safety Commission has information on the use of space heaters, but here are a few things to keep in mind:

- Make sure your space heater has been approved by a recognized testing laboratory.
- Choose the right size heater for the space you are heating.
- Put the heater on a flat, level surface that will not burn.
- Keep children and pets away from the heating element.
- Keep things that can catch fire like paint, clothing, bedding, curtains, and papers away from the heating element.
- If your heater has a flame, keep a window open at least one-inch and doors open to the rest of your home for good air flow.
- Turn the heater off when you leave the room or go to bed.
- Make sure your smoke alarms are working.
- Put a carbon monoxide detector near where people sleep.
- Keep an approved fire extinguisher nearby.



Taken from: <https://www.nia.nih.gov/health/publication/hypothermia#safe>

BOOK DISCUSSION GROUP



The book discussion group will meet at **10:00 a.m.** on **Thursday, February 18** to discuss the book The English Spy by Daniel Silva. The target is royal. The game is revenge. She is an iconic member of the British Royal Family, beloved for her beauty and charitable works, resented by her former husband and his mother, the Queen of England. But when a bomb explodes aboard her holiday yacht, British intelligence turns to one man to track down her killer: legendary spy and assassin Gabriel Allon. Gabriel’s target is Eamon Quinn, a master bomb maker and mercenary of death who sells his services to the highest bidder. Fortunately, Gabriel does not pursue him alone; at his side is Christopher Keller, a British commando turned assassin who knows Quinn’s murderous handiwork all too well. And though Gabriel does not realize it, he is stalking an old enemy - a cabal of evil that wants nothing more than to see him dead. Gabriel will find it necessary to oblige them, for when a man is out for vengeance, death has its distinct advantages ...



FEBRUARY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8-4:00 Billiards 12:00 Senior Lunch Lemon Thyme Chicken 1:00 Friends Meeting	2 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Beef Jardiniere 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	3 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Herb Roasted Pork 1:00 Pitch Party	4 8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Spaghetti & Meatballs 1:00 Bridge 1:15 Gentle Chair Yoga	5 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Cheese/Spinach Omelet 1:00 Cribbage 1:15 Spring Chicken Fitness
8 SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Beef Stew	9 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Greek Chicken 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	10 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Macaroni & Cheese 1:00 Pitch Party 1:00 Family Letters of Abby Kelley & Stephen Foster 	11 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Meatloaf & Gravy 1:00 Bridge 1:15 Gentle Chair Yoga	12 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 10:30 Veterans Meeting 12:00 Senior Lunch Crumb Topped Fish 1:00 Cribbage 1:15 Spring Chicken Fitness
15 PRESIDENTS DAY SENIOR CENTER CLOSED	16 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Vegetable Cheese Bake 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	17 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Salisbury Steak 1:00 Pitch Party 1-3:00 Zentangle 	18 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Chicken Murphy 1:00 Bridge 1:15 Gentle Chair Yoga	19 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Salmon with Dill 1:00 Cribbage 1:15 Spring Chicken Fitness
22 SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Jambalaya	23 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Meatballs/Onion Gravy 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	24 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Pork Chow Mein 1:00 Pitch Party	25 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch BBQ Chicken 1:00 Bridge 1:15 Gentle Chair Yoga	26 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Potato Crunch Fish 1:00 Cribbage 1:15 Spring Chicken Fitness
29 8-4:00 Billiards 12:00 Senior Lunch Lasagna	Family Letters of Abby Kelley and Stephen Foster Wednesday, February 10 @ 1:00	ZENTANGLE Wednesday, February 17 1:00—3:00	aANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE	

COMING IN MARCH ...

Tues., March 1 ... Voting - no programs, buses run
- office open



Wed., March 16 ... Ruth Harcovitz - Irish
music

Mon., March 28 ... Tina Bemis program



FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

You can stop by the Senior Center to join or mail your
membership to: Holden Senior Center, 1130 Main Street
Holden, MA 01520.

NEWS FROM SHINE ~ *Can I still change my Medicare Plan?*

This is the same information as published in January but felt it important to repeat it. The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2016, The Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to one of the Tufts Medicare Preferred Plans at any time between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a Medicare Advantage Plan: Between January 1 and ***February 14***, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period. ***For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:*** You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

If you want to take advantage of any of these opportunities call the call the Senior Center at 508-210-5570 to make an appointment with our SHINE volunteer who can talk you through the process and any consequences of changing plans.

*Distribution of this newsletter is made possible, in part, by a grant from the
Massachusetts Executive Office of Elder Affairs and the Friends of HCOA*

Return Service Requested

Friends of the Holden COA
Holden Senior Center
1130 Main Street
Holden, MA 01520

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